



Triton College NEWS

Triton Men's Basketball Team Earns Runner-Up Spot in NJCAA Division I Championship

The Triton College men's basketball team finished as the national runner-up and garnered several awards March 30 at the NJCAA Division I Championship Tournament in Hutchinson, Kansas.

The Trojans finished the season 34-3, tying the most wins in team history. Amar Augillard and AJ Dixon were named to the All-Tournament Team. Dylan Williams earned the Best Small Man Award. Triton also won the Team Sportsmanship Award for the NJCAA Division I Championship Tournament.

The team has been unbelievable," said first-year Triton College head coach Brian Burns, who received the Midwest District Coach of the Year Award at the national tournament.

In the championship game, the Trojans fell on the short end of an 88-73 loss to Barton County Community College (KS). Despite the loss, Burns said he was "proud of the way the guys hung in there."

"Obviously it's great for the school. Two Final Fours in three years and now a national runner-up, not just a semifinalist," he said. "It's been a great run."

For more information, visit tritonathletics.com.

Fall in Love – *Launch Day* Performance Set for May 3-4, May 9-10

Fall in love with Triton College's production of *Launch Day* (Love Stories from the Year 2108), Fridays and Saturdays, May 3-4 and May 10-11, 7-8:30 p.m., in the George R. Cox Auditorium located in the Fine Arts Building (J Building).

Get entangled in a story about a brilliant engineer that has decided to leave our ailing planet to colonize another world. Along the way, the engineer's ex-boyfriend believes the Earth – and their relationship – can be saved.

Entry is available with a \$5 donation. Admission is free with a Triton ID.

For more information, please contact archaweedhamavasi@triton.edu.



Augillard Named NJCAA Division I Men's Basketball Player of the Year

Triton College Men's Basketball player Amar Augillard was named the 2024 National Junior College Athletic Association (NJCAA) Men's Basketball Player of the Year.

The Triton Trojans finished as the national runner-up and garnered several awards March 30 at the NJCAA Division I Championship Tournament in Hutchinson, Kansas.

Augillard (sophomore, guard) posted 841 points, 168 rebounds, 87 assists, 63 steals and 20 blocks in 37 games played and started. Augillard's 841 points aided in the Trojans leading the nation in scoring with a total of 3401 points.

"I'll never forget this team," said Augillard. "Next year, I would like to win Player of Year again and keep it going until I get to the league. My goal is to become a professional basketball player."

"I'm so happy for Amar. He had big goals when he came to Triton and he has achieved them and then some," said head coach Brian Burns. "He has seized this opportunity to show what a tremendous basketball player he is. He's conducted himself as a professional on and off the court all season. I'm beyond excited for him to pick his next spot and represent Triton College and the NJCAA in a positive light."

"Amar is a great basketball player, but most importantly a better individual," said Garrick Abezetian, Associate Vice President of Athletics. "He will go down as one of the best men's basketball players to wear a Triton uniform. I am extremely proud of him being named NJCAA Division I Player of the Year and look forward to seeing what is next in his future."

For more information, please visit <https://tritonathletics.com/>.



Get FIT at Triton this Summer

Are you ready to get fit this summer? Triton College is offering several health classes to help students prepare for beach days and fun in the sun.

Health, Sport and Exercise Science

First Aid and CPR (HTH 281 001) will be on Mondays and Wednesdays, 9-10:25 a.m., beginning June 10. All classes will be held in the R Building (Room R-217). This is a one-credit-hour class.

This course will teach the fundamentals of first aid, cardiopulmonary resuscitation (CPR) and the use of automated external defibrillator (AED) for adults, children and infants. Students earn the American Heart Association Heartsaver First Aid and Basic Life Support (BLS) for Healthcare Provider Certificate.

Online Health Courses (No class visits required.)

Triton College will be offering multiple online personal health and sports classes this summer. Please refer to the class schedule for times.

- (HTH 104 070) Science of Personal Health, beginning June 10.
- (HTH 120 770) Nutrition Science, beginning June 10.
- (HTH 120 771) Nutrition Science, beginning May 28.
- (HTH 175 270) Drug and Alcohol, beginning July 1.
- (PED 194 070) Principles of Coaching, beginning June 10.

Physical Activity Classes

Students Can Earn One College Credit Hour

The college will also be offering several fitness classes this summer. Get in shape during the summer months!

Hatha Yoga (PED 101 001) will be on Tuesdays and Thursdays, 10:30 a.m.-12:15 p.m., beginning June 11. The class will be held in the R Building (Room R-229).

This class teaches hatha yoga techniques for muscular strength, flexibility, endurance and concentration. Students will also learn breathing techniques, postures and meditation.

Boot Camp Fitness (PED 105 001) on Mondays, Wednesdays and Thursdays, noon-1:15 p.m., beginning June 10. The class will be held in the R Building (Room R-101C).

This class will improve cardiovascular fitness, build strength and flexibility, and improve body composition. The course will focus on improving components of mental, social and physical wellness.

Total Fitness (PED 106) for credit will be held in Triton's Fitness Center in the R Building. Total Fitness teaches students the safe and effective way to use strength and cardio exercise equipment.

The goal of the class is to improve body composition, physiological strength and flexibility. The course can be repeated for a maximum of four accrued credits.

Aquacize (PED 113 001) will be on Mondays and Wednesdays, 5:20-7 p.m., beginning June 10. The class will be held in the pool, R Building (Room R-POOL).

This swim class combines low-impact and high-energy challenges in shallow water to improve cardiorespiratory endurance, muscular strength, flexibility, balance and coordination. Students should feel comfortable in shallow water.

Walking for Fitness (PED 117 001) will be on Mondays and Wednesdays, 10-11:55 p.m., beginning June 10. The class will be held in the R Building (Room R-104).

Experience the joy and health benefits of walking while having fun! Meeting new people, socializing and listening to music is emphasized during walks. Triton's indoor and outdoor track will be utilized depending on weather.

Boxing for Fitness (PED 125 001) will be on Mondays and Wednesdays, noon-1:50 p.m., beginning June 10. The class will be held in the R Building (Room R-101B).

This course will focus on learning boxing skills and improve fitness for beginners. Skills learned will include developing balance, coordination, strength and endurance.

Lifeguarding (PED 198 001) will be on Thursday and Friday, 5-10 p.m., and Saturday 9 a.m.-5 p.m., July 11-13. This class is an entry-level lifeguarding course for individuals ages 15 and up. The course will teach participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Students will learn to provide support or aid for breathing and cardiac emergencies, injuries and sudden illness, until an EMS responder arrives.

To register for any of these classes, visit triton.edu/summer.

For more information, please email juliannemurphy@triton.edu or call (708) 456-0300, Ext. 3130.

Travel with Triton to the World's Fair, Jackson Park

Participation is Open to All

Experience one of Chicago's premier and landmark destinations through a Triton College guided community day trip. Guided by Triton's experienced tour guides, students and area residents are invited to participate in the following tour:

Saturday, May 4 – The World's Fair, Jackson Park.

The trip includes transportation from Triton's campus to the guided destination, tickets and gratuities. Cost for the trip is \$150 per person (cost of lunch is not included).

This guided community day trip is hosted by Triton College's School of Continuing Education, a program committed to providing high-quality, professional and personal continuing education opportunities for learners of all ages.

For more information, visit triton.edu/ce. To register, call (708) 456-0300, Ext. 3500, or email ce@triton.edu.

We're Bringing Good People
Together Again for Something
Incredibly Special!

Triton College Foundation 26th Annual Golf Outing

Thursday, June 27

White Pines Golf Club • Bensenville
Individual Golfers – \$160
Foursomes – \$640

Hole-in-One Special!
Par Sponsorships – \$850

Includes one foursome, hole signage on two courses
and name/logo on promotional material for event.

It's that time again! The Triton College Foundation, a 501(c)(3) not-for-profit organization will host its 26th annual golf outing on Thursday,



June 27, at White Pines Golf Club in Bensenville. The event, open to novice and skilled golfers alike, will kick off at 10 a.m., with an 18-hole round of golf, golf carts, goodie bags, lunch, dinner and prizes.

Golfers may register as individuals for \$160 per person or as a foursome for \$640.

Exclusive Friend of the Foundation, corporate, par and hole sponsorships are also available.

Sponsorships begin at \$200. The Foundation also is accepting raffle prizes. Sponsorships and donations are tax deductible.

Proceeds from the annual golf outing will benefit Triton College Foundation scholarships and more.

**To register for the event or to become a sponsor,
contact the Triton College Foundation for details!**
Call (708) 456-0300, Ext. 3758, or
send an email to tcfoundation@triton.edu.

Make it your summer of success

Save time, money and get closer
to your goals!

triton.edu/summer

Classes begin May 28, 2024.



Triton College

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